

**Full Report (All Nutrients) 09098, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids**

**Report Date: June 30, 2017 05:25 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.69 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 123g
<b>Proximates</b>					
Water	g	87.70	1	--	107.87
Energy	kcal	45	--	--	55
Energy	kJ	188	--	--	231
Protein	g	0.40	--	--	0.49
Total lipid (fat)	g	0.07	--	--	0.09
Ash	g	0.20	1	--	0.25
Carbohydrate, by difference	g	11.63	--	--	14.30
Fiber, total dietary	g	1.1	--	--	1.4
<b>Minerals</b>					
Calcium, Ca	mg	8	1	--	10
Iron, Fe	mg	0.30	1	--	0.37
Magnesium, Mg	mg	6	1	--	7
Phosphorus, P	mg	12	1	--	15
Potassium, K	mg	104	1	--	128
Sodium, Na	mg	4	1	--	5
Zinc, Zn	mg	0.08	1	--	0.10
Copper, Cu	mg	0.100	1	--	0.123
Manganese, Mn	mg	0.147	--	--	0.181
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	3.0	1	--	3.7
Thiamin	mg	0.030	1	--	0.037

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 123g
Riboflavin	mg	0.010	1	--	0.012
Niacin	mg	0.500	1	--	0.615
Pantothenic acid	mg	0.062	--	--	0.076
Vitamin B-6	mg	0.051	--	--	0.063
Folate, total	µg	3	--	--	4
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	4
Folate, DFE	µg	3	--	--	4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	12	1	--	15
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	233	1	--	287
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.010	--	--	0.012
16:0	g	0.007	--	--	0.009
18:0	g	0.003	--	--	0.004
Fatty acids, total monounsaturated	g	0.014	--	--	0.017
18:1 undifferentiated	g	0.014	--	--	0.017
Fatty acids, total polyunsaturated	g	0.031	--	--	0.038
18:2 undifferentiated	g	0.028	--	--	0.034
18:3 undifferentiated	g	0.004	--	--	0.005
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

**Amino Acids**

**Other**